

REMARKS/ARGUMENTS

In the Restriction Requirement mailed June 15, 2007, the Examiner required a restriction for examination purposes, to one of the following inventions or groups of inventions which are independent and distinct:

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| I. Group I | Claims 1-10, drawn to a physical resistance training apparatus |
| II. Group II | Claims 11-18, drawn to a method for physical resistance training |
| III. Group III | Claims 19-24, drawn to a fluid propulsion system |
| IV. Group IV | Claims 25-30, drawn to a method for training using a propulsion system |

Applicant is electing group I, claims 1-10. The claims to the other Groups have been withdrawn without prejudice and disclaimer. In view of the Examiner's restriction requirement, Applicant reserves the right to have the unelected claims 11-18, 19-24, and 25-30 examined by filing one or more Divisional applications. Upon allowance of a generic claim, applicant would request consideration of claims to additional species which are written in dependent form or otherwise include all of the limitations of the allowed generic claim as provided by 37 CFR 1.141.

As a result of this response, claims 1-10 are now pending. If there are any fees necessitated by the foregoing communication, please charge such fees to our Deposit Account No. 50-0902, referencing our Docket No. 77535/00002.

Respectfully submitted,
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